Sports Injuries

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Overview

- Implications
- typical Injuries
- Prevention
- Treatment
- Misconceptions

Implications

- Majority of flyers participate in sports
- Studies show an injury rate of 5%/month
- Was the most common injury in Desert Shield/Desert Storm

Typical Injuries

- “Pulled muscles”
- Ligament/Tendon Strains and Tears
- Broken Bones

Prevention

- Always warm up first
- Stretch all muscle groups before and after
- Don’t over do it; progress slowly
- Back off if it hurts
- Taping has shown to be of little benefit

Treatment/What to do

- Ice area as soon as possible
- Rest/Time
- See FS quickly
- Don’t self medicate

Misconceptions

- All injuries = DNIF
- “Play through the pa
- Whimp factor

Summary

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Questions?